

Adult Asthma Q & A

During our 2021 annual phone survey, we spoke with 488 persons diagnosed with asthma. The following summarizes their responses.

How old were you when you were first diagnosed with asthma?

0 to 3 years	7.3%
4 to 10 years	34.0%
11 to 17 years	19.0%
18 to 44 years	26.5%
45 years +	13.2%

How long ago has it been since you last spoke with your doctor about your asthma?

Within the past year	57.7%
1 to less than 3 years	12.3%
3 to 5 years	5.3%
More than 5 years	24.7%

How long ago has it been since you last took asthma medication?

Less than 1 day	43.7%
1 to 6 days	11.9%
1 week to 3 months	20.4%
3 months or more	24.1%

During the past two weeks, how many days were you symptom free?

Everyday	34.4%
7 to 13 days	12.4%
1 to 6 days	20.6%
Zero days	32.5%

During the past 30 days, how much have you limited your usual activities because of asthma?

Not at all	37.2%
A little	34.2%
A moderate amount	20.9%
A lot	7.8%

During the past 12 months, have you had an episode or asthma attack?

Yes	56.4%
No	43.6%

During the past three months, how many asthma attacks have you had?

None	57.0%
One	15.0%
Two	8.8%
Three or more	19.2%

During the past 12 months, have you had to visit the ER for your asthma?

Yes	14%
No	86%

During the past 12 months, how many times did you visit the ER for your asthma?

Once	7.8%
More than once	6.2%
None	86.0%

Has a health professional ever given you an asthma action plan?

Yes	25.7%
No	74.3%

Has a health professional ever advised you to change things in your home, school or work to improve your asthma?

Yes	35%
No	65%

Have you ever taken a course or class on how to manage your asthma?

Yes	9%
No	91%

Asthma is a common disease affecting the lungs. There is no cure for asthma, but it can be controlled. With treatment, a person with asthma can live an active life. If left untreated, asthma can severely impact a person's life.

Asthma affects the airways in the lungs. People with asthma have airways that are extra sensitive to different things in the environment such as cigarette smoke, dust mites and mold. When people with asthma breathe in these things, their airways become inflamed and swollen. Air can't get through the airways and it is harder to breathe.

Asthma is a chronic disease. It is a lifelong condition that can cause permanent damage if it is not treated properly. Asthma is not contagious, but it often runs in families that have a history of asthma and allergies. Asthma is the most common chronic disease of childhood and the number one reason why children miss school.



Data Source: Missouri Department of Health and Senior Services, Missouri Behavioral Risk Factor Surveillance System, 2021. Retrieved July 28, 2023, from <http://www.health.mo.gov/data/brfss/data>